

Healthy Works/
Community Transformation Grant (CTG)

Leadership Team Meeting

March 15, 2013






**WELCOME
AND
INTRODUCTIONS**

Supervisor Ron Roberts
Chair, CTG Leadership Team






**ACTION ITEMS FROM DECEMBER MEETING &
ACTION INSTITUTE**

Dr. Wilma Wooten, Public Health Officer



Action Items: December 2012 Meeting

- ☒ 1. Include list of members that attended the meeting in the meeting minutes.
- ☒ 2. Review granular part of evaluations to see if interventions are being implemented effectively.
- ☒ 3. Have Dr. Lindsay provide overview of CPPW evaluation results.

Action Items: December 2012 Meeting

- ☒ 4. Have Leadership Team members consider their possible role in leveraging public relations resources.
- ☒ 5. Consider holding a separate convening/workshop at Action Institute to discuss local provider involvement.
- ☒ 6. Include Leadership Team members on planning committee for Action Institute.

December 2012 Meeting: Your Feedback

What Worked Well...

- Agenda items were appropriate
- Information presented on CTG Intervention Updates was useful
- Information presented on CTG Evaluation Plan was useful

December 2012 Meeting: Your Feedback

What Could Be Improved...

- Information provided on CTG Communications Plan
- More time for discussion
- Better use and engagement of attendees



MARK YOUR CALENDAR

for the

San Diego CTG Action Institute!



When: Wednesday, June 12, 2013, 8:30am to 4:30pm
Who: CTG/Healthy Works Leadership Team,
Contractors, Key Partners, and Staff
Where: To be determined



For more information, please contact Ebony Polk at (619) 542-4110 or
via email at ebony.polk@sdcounty.ca.gov.

Action Institute Planning



- **Form a Planning Committee**
 - Participate in up to two planning teleconferences in April and May
 - Provide feedback on draft agendas and input on speakers
 - Who would like to serve on the planning committee?
- **Technical Assistance**
 - Obtaining technical assistance from CDC/CTG TA Providers (Community Initiatives)

CTG PROCUREMENT & INTERVENTION UPDATES

Lindsey McDermid, MS, CTG Program Director



Contractor: San Diego Association of Governments

Strategic Direction 2: Active Living & Healthy Eating

San Diego Association of Governments (SANDAG) will:

- Implement the Regional Safe Routes to Schools Strategic Plan
- Develop public health policy framework and performance measures for the SANDAG Regional Plan (RP)
- Develop regional monitoring & evaluation program for active transportation

Intervention	Status Update	Partners
Contract <u>executed</u> 7/1/12 (combined with SD 5)		
Regional Safe Routes to School (SRTS) Implementation	<ul style="list-style-type: none"> Working with SRTS Coalition to identify Coalition's role in implementing SRTS Strategic Plan HHSA staff presented on <i>Safe Routes to Healthy Places</i> at COI Strategic Planning Retreat SANDAG preparing to engage SRTS consultant 	<ul style="list-style-type: none"> SRTS Coalition California TARC WalkSanDiego
Public Health & Wellness Policies	<ul style="list-style-type: none"> Public Health Stakeholder Group (PHSG) meeting quarterly plus additional working sessions HHSA presented at SANDAG Board of Directors retreat Two meetings of PHSG/SANDAG leadership held 	<ul style="list-style-type: none"> Members of PHSG
Regional Monitoring and Evaluation	<ul style="list-style-type: none"> Draft public health policy questions developed and draft health-related public outreach mechanisms identified 	

Contractor: San Diego Association of Governments

Strategic Direction 5: Healthy & Safe Physical Environments

SANDAG will:

- Develop a Complete Streets policy and provide TA to jurisdictions to implement the California Complete Streets Act
- Institutionalize methodology & process for assessing health impacts of proposed transportation plans and projects
- Conduct economic and health cost-benefit assessment of active transportation and public transit investments

Intervention	Status Update	Partners
Contract <u>executed</u> 7/1/12 (combined with SD 2)		
Complete Streets Policy and Implementation	<ul style="list-style-type: none"> SANDAG began internal process to develop Complete Streets policy SANDAG preparing to engage a Complete Streets consultant 	<ul style="list-style-type: none"> WalkSanDiego
Health Benefits and Impacts Analysis (HIA) Program	<ul style="list-style-type: none"> SANDAG initiated work with HIA consultant HHSA working with CDPH on Integrated Transport and Health Impact Modeling (ITHIM) 	<ul style="list-style-type: none"> Human Impact Partners CDPH



Contractor: San Diego Unified School District

**Strategic Direction 2:
Active Living & Healthy Eating**

San Diego Unified School District will:

- Improve nutritional quality of school food including reduction in sodium and increase access to fruits and vegetables

Intervention	Status Update	Partners
Improving the Nutritional Quality of School Meals	<ul style="list-style-type: none"> • Contract executed 9/1/12 • SDUSD procuring locally grown food from the IRC Refugee Entrepreneurial Agriculture Program (REAP) 	<ul style="list-style-type: none"> • Other school districts • Manufacturers • Growers



Contractor: Chula Vista Elementary School District

**Strategic Direction 2:
Active Living & Healthy Eating**

Contractor will:

- Increase moderate to vigorous physical activity (PA) during physical education classes
- Improve opportunities for youth to engage in physical activity (PA) throughout the school day

Intervention	Status Update	Partners
Moderate to Vigorous PA During PE	<ul style="list-style-type: none"> • Contract <u>executed</u> 2/2/13 • Deliverables in progress 	<ul style="list-style-type: none"> • County Office of Education
Physical Activity Throughout the School Day		

Contractor: SAY San Diego*



**Strategic Direction 1:
Tobacco Use Prevention**

Contractor will implement voluntary smoke-free policies:

- Affordable/low income housing
- Market rate/general population housing

Intervention	Status Update
Smoke-free Multi-Unit Housing	<ul style="list-style-type: none"> • Awaiting CDC approval • Antismoking education

* Contingent upon CDC approval.

Leadership Team Shout-Out! Dr. Taras' booth at the San Diego County Dental Society Continuing Education Event



Staff-Led Intervention

Strategic Direction 1: Tobacco-Free Living

County staff will:

- Work to institutionalize tobacco-free policies into County of San Diego contracts

Intervention	Status Update	Partners
Tobacco-free Procurement Policies	<ul style="list-style-type: none"> • Procurement language developed • Obtained approval from County Counsel and Agency Contract Support to include language in contracts for smoke-free facility policies • Presentations and trainings held with key HHSA departments that will be adding procurement language on smoke-free facility policies 	<ul style="list-style-type: none"> • Internal HHSA Partners • County contractors



Contractor TBD

Strategic Direction 2: Active Living & Healthy Eating

Contractor will:

- Implement farm to institution program to provide a stable customer base for local farmers and provide a source of healthy foods for local institutions
- Support local jurisdictions in adopting or enhancing planning documents to increase community food production through zoning, policy, and/or ordinance changes

Intervention	Status Update	Partners
Farm-to-Institution	<ul style="list-style-type: none"> • SOW <u>in progress</u> • Next Step: CDC approval • Tentative posting to BuyNet Spring 2013 	<ul style="list-style-type: none"> • Growers • Meal producing institutions (e.g., schools, hospitals, senior centers)
Urban/Rural Agriculture	<ul style="list-style-type: none"> • SOW <u>in progress</u> • Next step: CDC approval • Tentative posting to BuyNet Spring 2013 	<ul style="list-style-type: none"> • Municipalities • Community members



Contractor TBD

Strategic Direction 3: Clinical and Community Preventive Services

Contractor will:

- Increase the number of providers that institute and monitor standardized clinical quality measures for control of high blood pressure and cholesterol
- Institute mechanisms that enable providers to report health information related to blood pressure, cholesterol and other conditions

Intervention	Status Update	Partners
Clinical Preventive Services	<ul style="list-style-type: none"> • <u>Pending</u> SOW • Internal planning in progress 	<ul style="list-style-type: none"> • Beacon Collaborative • Right Care Initiative • University of Best Practices • SD Medical Society • Community Clinic Networks

Contract for TBD

Strategic Direction 3:
Community Preventive Services

Implementation of worksite wellness programs (change for clinical preventive services in other relevant services) in worksites, schools and hospitals

Intervention	Status Update	Partners
Worksite Supportive Environments- funded through First 5 San Diego	Programmatic policy executed January 2013 Developed draft QA plan to ensure implementation of policy Implementation to begin March 2013	<ul style="list-style-type: none"> Businesses First 5 San Diego San Diego Breastfeeding Coalition School districts

Leadership Team Shout-Out! Rady Children's Hospital "Rethink Your Drink" Campaign

COUNTY OF SAN DIEGO **HHSA** **healthy WORKS** Paths to Healthy Living

Staff-Led Intervention

Strategic Direction 4:
Social and Emotional Wellness

County staff will:

- Provide new mother resources for more effective parenting and overall social and emotional wellness through Nurse Family Partnership program

Intervention	Status Update	Partners
Home Visitation	<ul style="list-style-type: none"> Programmatic policy executed January 2013 Developed draft QA plan to ensure implementation of policy Implementation to begin March 2013 	<ul style="list-style-type: none"> Public Health Nursing First 5 San Diego

COUNTY OF SAN DIEGO **HHSA** **healthy WORKS** Paths to Healthy Living

Staff-Led Intervention

Community Communications

County staff will:

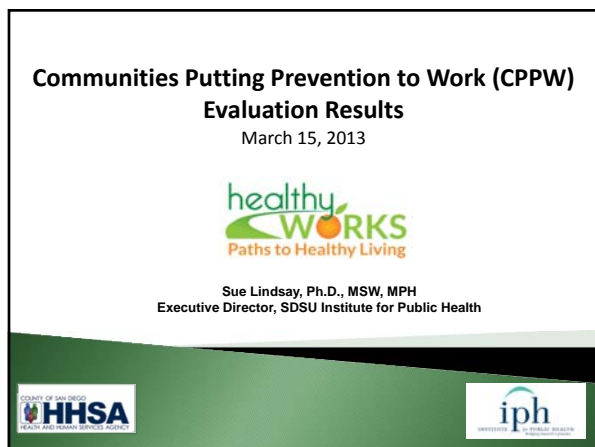
- Create a comprehensive plan to ensure communication efforts are included in communication efforts
- Implement plan through multiple channels

Intervention	Status Update	Partners
Strategic Communications	<ul style="list-style-type: none"> Communication plan completed First Advisory Committee meeting held Internal planning ongoing 	<ul style="list-style-type: none"> Businesses First 5 San Diego Tenant Companies Tenant Groups Industry Associations

Leadership Team Shout-Out! Robert Tambuzi Cheri Fiddler

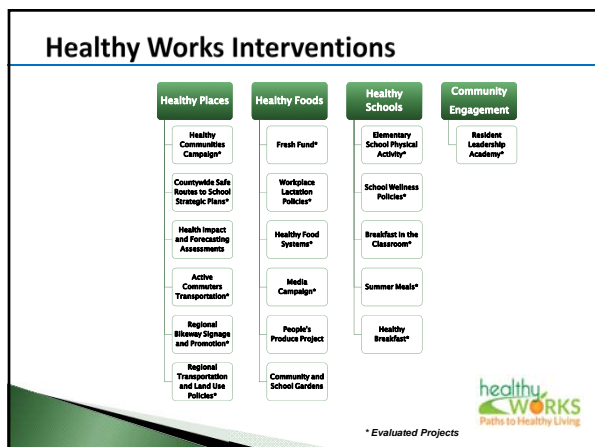
COUNTY OF SAN DIEGO **HHSA** **healthy WORKS** Paths to Healthy Living

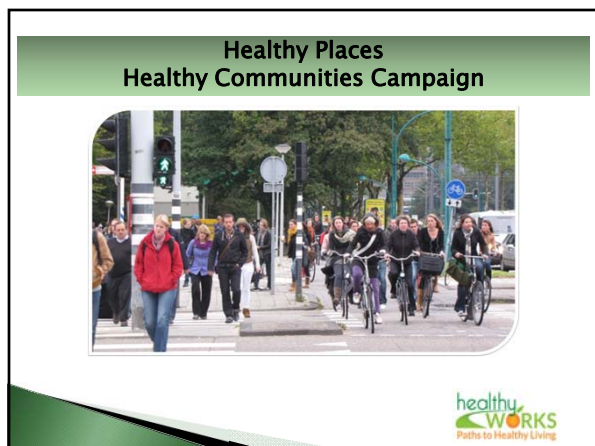












Healthy Communities Campaign

Healthy Communities Planning Grants

- To integrate public health into local and regional policies, programs, projects and decision-making and to establish collaborative working relationships between health and planning agencies
- To address health disparities and inequities in low income communities
- To promote access to healthy fresh, affordable and nutritious food in neighborhoods and schools
- To engage a wide range of stakeholders and build consensus around public health
- **Eight applications were funded for a total of \$496,900**

Active Community Transportation Grants

- To promote physical activity by increasing opportunities for walking and bicycling, access to parks and recreation, and the use of public transportation
- To engage a wide range of stakeholders and build consensus around public health
- **Three applications were funded for a total of \$150,000**



Healthy Communities Campaign

Did the projects engage community partners?

- Two projects engaged one community partner stakeholder
- Three projects engaged 2-3 partners
- Two projects engaged 4-10 partners
- Four projects engaged 10+ partners

Examples: Senior centers, American-Indian tribes, businesses, coalitions, neighborhood associations

Examples of activities:

- Encinitas developed a Public Health Element in their General Plan
- Chula Vista implemented Cilantro-to-Stores to bring local produce into corner stores
- City of San Diego modified the permitting process for community gardens and urban agriculture
- La Mesa developed a citywide park master plan to address park distribution, quality, and access issues



To what extent do you believe your project has been able to...?

	Great Extent	Somewhat	Very Little	Not At All	Don't Know/ Not Applicable
Integrate Public Health into planning	67%	33%	-	-	-
Address health disparities in lower income communities	31%	33%	29%	6%	-
Promote physical activity	44%	40%	17%	-	-
Increase access to fresh foods in the community	35%	29%	23%	-	13%

HCC grant recipients also used state and federal grants, matched donations, and in-kind contributions to complete their projects



Healthy Community Campaign Capacity and Sustainability

Capacity After Healthy Communities Campaign	High	Low	No Opinion
Level of Capacity for Program Implementation with Public Health Components	86%	14%	-
Level of Community Support for Efforts	91%	6%	3%
Likelihood of Project Sustainability	93%	6%	1%



Summary of Evaluated SANDAG Healthy Works Documents

Document	Release Date	Anticipated Impact in Built Environment/ Public Health	Status	Next Steps
Public Health Policy White Paper	February 2011	Provides rationale as to why to include public health considerations in regional planning	PHSG reviewed and provided comments in February 2011	Will inform the next SANDAG Regional Plan update
Health and Wellness Policy Framework and Performance Measures	August 2011	Integrates public health principles into local/regional plans, policies, programs and funding decisions. Created a list of 78 public health performance measures for regional planning consideration	1. Regional Planning Technical Working Group approved in December 2011 2. Regional Planning Committee approved January 2012 3. PHSG completed review in February 2012	Recommendations will inform upcoming Regional Plan updates
SRTS Regional Strategic Plan	November 2011	Identifies priority programs and capital improvements for safe and active transportation to schools	Plan approved by SANDAG Transportation Committee in March 2012	Plan will be implemented through the Active Transportation Early Action Plan
Healthy and Active Design Guidelines Outline	February 2012	Provides an outline of the range of topics that could be addressed in potential regional design guidelines	Active Design Stakeholder Group completed assessment and scoping in January 2012	TBD potential funding for completion of web-based and/or physical Active Design Guidelines



Healthy Foods The Farmers Market Fresh Fund Incentive Program



Fresh Fund

Goals:

- ▶ To encourage low-income recipients of government nutrition assistance to purchase fresh fruits and vegetables at one of five local farmers markets
- ▶ To support farmer vendors at markets in low-income neighborhoods.

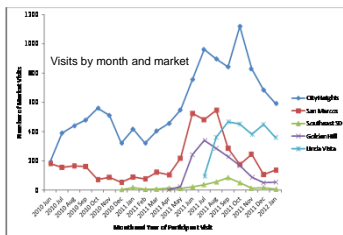
The Program:

- ▶ SNAP, WIC and SSI recipients were eligible to use their government assistance money OR their own cash or credit to purchase fresh produce at five farmers markets. They could receive up to \$20/month of incentive to match the money they spent.



Fresh Fund Program Participation

- ▶ 7,298 enrolled June 1, 2010 – December 2011 (143% over goal of 3,000 participants)
- ▶ 20,089 market visits, 2.8 visits/participant, 73 visits per market day.
- ▶ 82% had **never** been to a farmers market before, 17% came to the market **five** or more times



Media and Marketing

Beginning June 2011:
22 weeks of TV ads

Direct mailers sent to
30,000 homes six times

Posters on buses and in
neighborhoods

Also:
Fresh Fund staff met with
neighborhood CBO's to
encourage promotion of
FF to clients



Participant Follow-up Surveys

3-6 months (1,069 matched surveys)

- Do you eat 5 or more servings of fruits/vegetables/day?
 - 24% at baseline → 30% at 3-6 months
- Diet "healthy or very healthy"
 - 33% at baseline → 69% at 3-6 months
- 71% said they would continue to shop at the market even without incentive

12 months (283 matched surveys)

- Do you eat 5 or more servings of fruits/vegetables/day?
 - 19% at baseline → 24% at 12 months
- Diet "healthy or very healthy"
 - 4% at baseline → 64% at 12 months
- 55% said they would continue to shop at the market even without the incentive



Benefits for Vendors

Revenue generated at the markets

- \$1,704,978 in total sales generated June 2010-Jan 2012 at five markets
- 46% of revenue generated at the market was due to Fresh Fund;
- City Heights market revenue increased 74%, San Marcos 67%

Comparison of Mean Vendor Revenue in Two Time Periods

Type of Vendor	Jun 2010 – Jan 2011	Jun 2011 – Jan 2012
Farmers (18)	\$418.87	\$566.84
Non-farmers (33)	\$107.86	\$150.29



Healthy Schools

Increasing PE time and Moderate to Vigorous Physical Activity in School



School Physical Activity

Goals:

- › To increase the amount of time elementary school children were engaged in physical education activities.
- › To increase the percentage of PE time that involves moderate to vigorous physical activity (MVPA) to at least 50%.

The Program:

- › A Physical Education Resource Teacher was hired in each of six county school districts: La Mesa/Spring Valley, Mountain Empire, National, San Diego Unified, San Marcos and San Ysidro.
- › The PE resource teacher provided classroom teachers with PE curriculum, a master PE schedule, equipment, training, and technical support.



School Physical Activity Evaluation

Schools:

- › Six schools (1 in each district) were selected from the intervention schools (teacher training)
- › Five comparison schools in five districts (no teacher training)

Data Collection:

- › The SOFIT observational tool assessed the number of minutes of PE and the percent of time students spent in MVPA during PE.
- › Baseline: October-December 2010 (before teacher training)
- › Midpoint: May 2011
- › Final: November 2011



Physical Activity Testing Results

SOFIT RESULTS: Five elementary intervention schools, five comparison schools

Physical Activity Data	Baseline Oct-Dec 2010	Mid-Point May 2011	Final Nov 2011	Comparison May 2011
Total Number of Classes Observed	27	27	63	18
Average Number of PE Minutes per Class	27	30.6	41.4	29.5
Average % of Time Spent in MVPA	39%	51%	68%	50%



Physical Education Program Results

- › Elementary school teachers are now more aware of California-based standards for PE and how to increase MVPA
- › Teachers now have a sustainable, accessible PE curriculum appropriate to their grade level
- › Equipment was inventoried, purchased, and organized for each school
- › Classroom teachers were educated and supported, but they were not required to implement a specific standardized curriculum. This allowed teachers to tailor activities to the school district and the school within the district.

Community Engagement & Other Overarching Interventions



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Resident Leadership Academy

Resident Leadership Academies were Provided by CHIP in Four Communities

- 54 residents trained
- Central Region:** Southeast San Diego, Project New Village
- East Region:** Lemon Grove, Lemon Grove School District
- North Region:** Oceanside, Vista Community Clinic
- South Region:** National City, Olivewood Gardens and Learning Center

Examples of RLA Community Improvement Projects:

- Improve walkability and safety around Laurel Elementary School in Oceanside
- Community gardens in Mt. Hope and Encanto neighborhoods
- Improve walking and biking safety near Golden Avenue Elementary School
- Seek to re-open a Recreation Center in Lemon Grove
- Clean-up and community gardening at Joe's Pocket Farm in National City

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Media Campaign

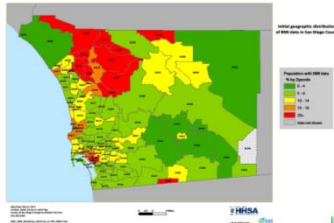
Activity	Messaging Content	Date / Freq / Length of Time	Method / Medium	Number of Impressions (people reached X the number of times reached)	Other Reach Information (as available)
Television	2 commercials – overall Healthy Works 3 commercials – San Diego Born and Raised	661 spots / 8 weeks 1,346 spots / 22 weeks	7 networks + Cox Cable 5 networks + Cox Cable	26,507,000	
Radio	2 commercials – overall messaging	269 spots / 8 weeks	5 stations	1,626,000	
Website	Overall & project-specific messaging	February 2011 - January 2012	Internet		15,850 unique visitors 20,636 visits 52,927 page views
Other Social Media	Facebook Twitter YouTube	May 2011 - January 2012	Internet	8,896,584	Facebook = 208 likes Twitter = 180 followers YouTube = 8 subscribers
Search Engine Marketing, Online Displays	Healthy Works priority online placement; online banners	March-September 2011	Internet	13,617,978	Not Available
Poster Ads	Farmers' Markets, Fresh Fund	June-July 2011	Buses and bus shelters	45,867,998	30 bus exteriors, 90 bus interiors, 60 bus shelters within 2 mile radius of 5 Farmers' Markets w/ Fresh Fund

Over 93 media events and media trainings

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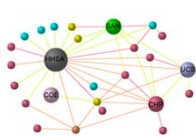
BMI Surveillance

- Using the San Diego Immunization Registry and links to electronic health records in order to create county estimates of body mass index (BMI)

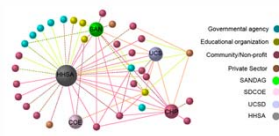


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Social Network Analysis: A growing and productive collaborative



Network before Healthy Works



Network During Healthy Works

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Capacity for Sustainability

- Program adaption and adoption to specific communities
- Positive program evaluation
- Organizational capacity to change and adopt
- Partnerships connecting program to community
- How great is the possible public health impact?
- Can you find funding stability?
 - In addition to promoting health, does this effort have the ability to save money or generate additional funding?
- Political Support

Schell, S, Luke, E., et. al. Implementation Science, 2013 8:15.

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Questions and Discussion

Improving the Quality and Quantity of Physical Activity in Elementary Schools



Sharon Hillidge, MA
Resource Teacher/ Wellness Lead
CTG District Physical Activity Lead (DPAL)
Chula Vista Elementary School District



The Chula Vista Elementary School District...



- Serves close to 29,000 students in 44 schools - with a new school opening in July 2013!
 - 5 Dependent charter schools 2 Independent charters
 - Preschool & Transitional Kindergarten, & Charter middle schoolers
 - Castle Park Elementary part of “Promised Neighborhoods” Project

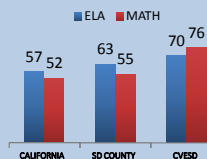
CVESD is the Largest K-6 District in California

We are.....

- 68% Hispanic, 13% White, 11% Filipino, 4% African American, 3% Asian/Pacific Islander, 1% Other
- 35% English Learners
- 50% Free/Reduced Meal Program Recipients

And in 2011-12, All 44 schools scored above 800 on the State Academic Performance Index (API). CVESD reached 870, and 25% of Schools were above 900 – and on standardized testing out performed their County and California peers in English-Language Arts and Math.

**STANDARDIZED TEST SCORES:
CVESD, COUNTY, AND STATE**



Cooperation + Communication = Collaboration



- Healthy Eating Active Communities (HEAC) now *Healthy Communities South Region* 2004-present



- *Exercise the Dream* partnership with Chula Vista Olympic Training Center 1995 to present - including Intergenerational Games 12th year



- CPPW Grant – 2010-2012 Model School



- 2010 & 2012 Height and Weight Surveillance Project

- San Diego Healthy Weight Collaborative



- Adopted Revised District Wellness Policy May 8, 2012

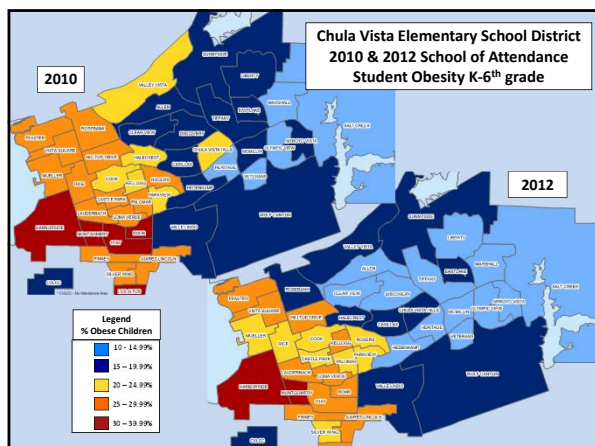


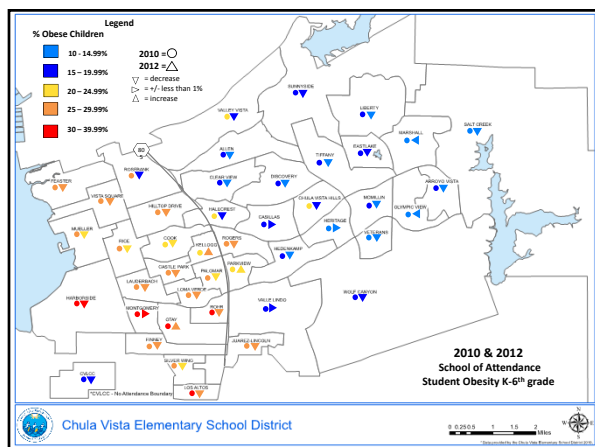
- 2012 SD County Public Health Champion - South Region



- *Live Well, San Diego!* District Resolution to Adopt Initiative and become a Live Well, School District – 4/17







**Chula Vista Elementary School District
2010 & 2012 BMI RESULTS – ALL SCHOOLS**

Table: Percent of students in each weight category by grade, 2010 (Total = 24,027)
Table: Percent of students in each weight category by grade, 2012 (Total = 24,887)

Grade & Year	BMI CATEGORY				Over/Obese Difference
	Underweight	Normal Weight	Overweight	Obese	
Kindergarten 2010	3.6%	66.6%	14.3%	15.4%	
2012	3.7%	67.4%	15.8%	13.1%	-8%
First 2010	3.2%	62.1%	16.2%	18.4%	
2012	2.8%	67.5%	15.0%	14.6%	-5%
Second 2010	2.2%	60.0%	16.4%	21.3%	
2012	2.3%	64.6%	15.1%	18.1%	-8.5%
Third 2010	1.7%	57.5%	17.5%	23.2%	
2012	1.8%	59.9%	18.4%	21.9%	-2.4%
Fourth 2010	1.6%	56.2%	17.6%	24.6%	
2012	2.1%	56.9%	18.3%	22.8%	-1.1%
Fifth 2010	1.7%	53.2%	20.0%	25.2%	
2012	2.3%	55.7%	19.8%	22.2%	-3.2%
Sixth 2010	1.6%	51.5%	20.8%	26.3%	
2012	2.1%	56.0%	19.5%	22.4%	-5.1%
Total 2010	2.2%	57.9%	17.6%	22.2%	
2012	2.4%	61.1%	17.2%	19.4%	
Difference	+2%	+3.2%	-4%	-2.8%	-3.2%

What Happened to PE/PA in our Schools?

- As of 2010, almost 70% of all physical education in elementary schools is taught by classroom teachers.
- California requires 200 minutes of Physical Education every 10 days – BUT, there is no state enforcement in place.



- Most budget cuts in School Districts target “non-essentials” like art, music and physical education.
- “No Child Left Behind” placed such a high premium on academic test scores, schools reduced or eliminated physical education and activity for more “seat time.”

Goal of CTG PE/PA Project



“To increase the *quantity* and improve the *quality* of physical activity in 19 Chula Vista Elementary Schools over the next 4 years.”



Physical Education Objectives

- Increase from 0 to 19 the number of schools that **adopt and implement** a physical education curriculum that **engages students in MVPA for at least 50% of PE class time;**
- Increase by at least 50% the number of project schools that **sustain** a consistent, vigorous physical education program.



Physical Activity Objectives

- Increase from 0 to 19 the number of schools providing 30 minutes of physical activity each school day.
- Increase the number of schools that provide physical activity opportunities for all students to achieve 30 minutes of physical activity during the school instructional day by at least 50%.
- Increase from 0 to 19 the number of schools that enable students to achieve 30 minutes of physical activity each instructional day, as documented by the *schools master activity schedule.*

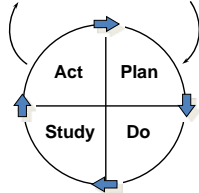


Model for Improvement Implementation Plan

What are we trying to accomplish?

How will we know that a change is an improvement?

What change can we make that will result in improvement?

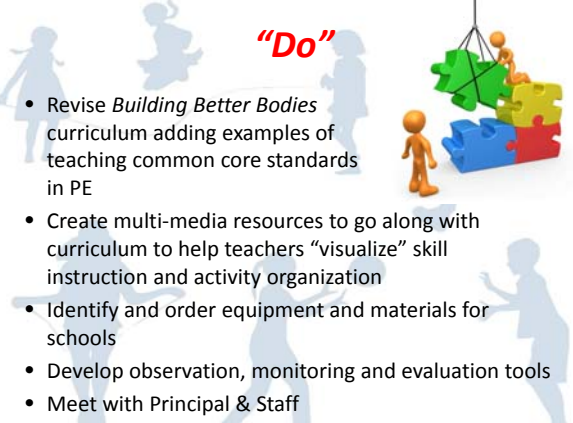


PDCA Cycle



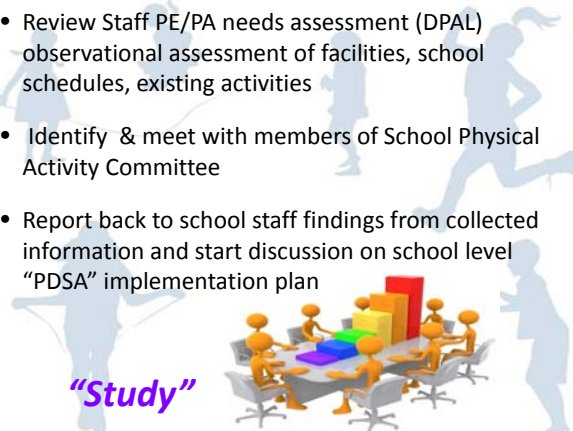
"Plan"

- Develop Activity/Implementation Timeline
- Develop matrix for school selection and year
- Form District Level Advisory Committee
- Select Schools for 3 – 6 – 10 implementation
- Create Principal/Staff Information and Agreement



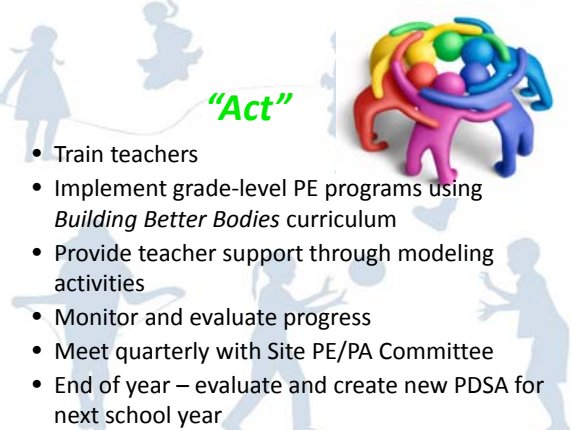
“Do”

- Revise *Building Better Bodies* curriculum adding examples of teaching common core standards in PE
- Create multi-media resources to go along with curriculum to help teachers “visualize” skill instruction and activity organization
- Identify and order equipment and materials for schools
- Develop observation, monitoring and evaluation tools
- Meet with Principal & Staff



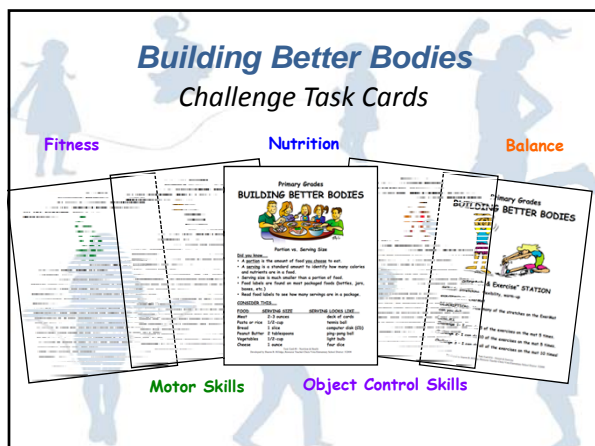
“Study”

- Review Staff PE/PA needs assessment (DPAL) observational assessment of facilities, school schedules, existing activities
- Identify & meet with members of School Physical Activity Committee
- Report back to school staff findings from collected information and start discussion on school level “PDSA” implementation plan



“Act”

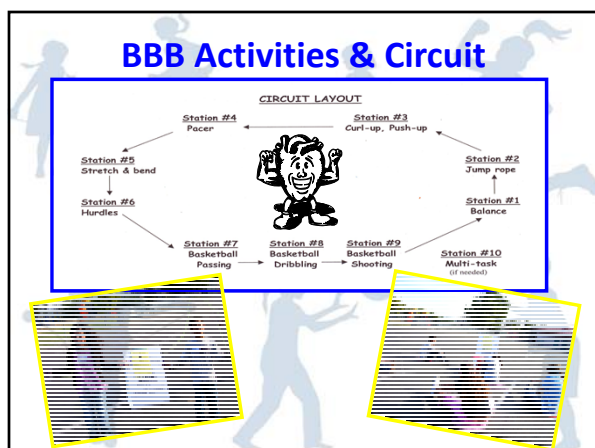
- Train teachers
- Implement grade-level PE programs using *Building Better Bodies* curriculum
- Provide teacher support through modeling activities
- Monitor and evaluate progress
- Meet quarterly with Site PE/PA Committee
- End of year – evaluate and create new PDSA for next school year



G'Day


Integrating Subject Areas- Common Core Connection with Physical Education

- Physical Education – How far can you jump? Jump 3 times and mark the longest distance – measure it. (math)
- Find Australia on the map (geography), kangaroos come from Australia and can jump 10 feet in a single jump. How many times would you have to jump to equal or jump a greater distance than the Kangaroo? (math)
- Why do you think a kangaroo can jump farther than a human? (science) Please write out your answer. (language arts)




Physical Activities Providing *Access & Opportunities*

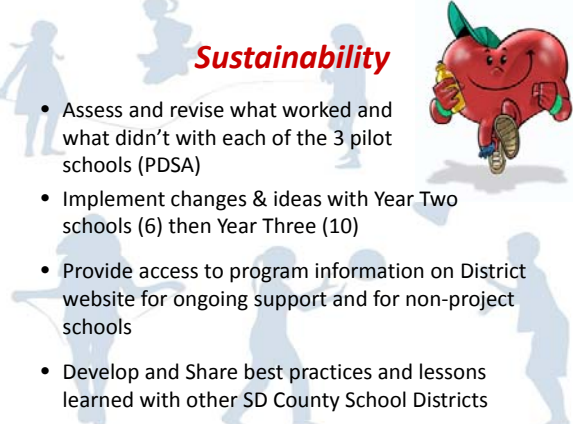
- Creating a menu of PA activities for schools
 - In the Classroom “brain breaks”
 - Structured recess and activity breaks
 - Morning - school wide “wake-up walks” and/or
 - Afternoon school wide stretch break (announced over school intercom system)
 - Special events like Jump-Rope-for-Heart, Olympic or Fitness Days, Wellness and Fitness Fairs, Family Olympics, etc.
- Making Activity during Instructional Day
“mandatory not voluntary”



Sustainability






- Assess and revise what worked and what didn't with each of the 3 pilot schools (PDSA)
- Implement changes & ideas with Year Two schools (6) then Year Three (10)
- Provide access to program information on District website for ongoing support and for non-project schools
- Develop and Share best practices and lessons learned with other SD County School Districts




Questions?

Eating Healthy + Play & Exercise = Healthy Students

**CHULA VISTA ELEMENTARY
SCHOOL DISTRICT**

“Supporting Healthy Learning Environments”



Screening of
San Diego is Pedal Powered

COUNTY OF SAN DIEGO
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